



# The Weight Training Diary

*Hugo Rivera*

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**The Weight Training Diary** Hugo Rivera

**The complete weightlifting workout diary-from bestselling author, body sculpting expert, and champion bodybuilder Hugo Rivera**

Hugo Rivera gives you the tools you need to keep your training workout on track with this sturdy, take-along diary that will help you plan your regimen and measure your progress effectively. You'll find lots of space to log all of the key elements of your training and make the most of every workout, plus Rivera's expert weight-training guidance and tips that will keep you focused and inspired.

- Includes Hugo's Five Directives for good training and four 12-week weightlifting plans that have everything spelled out for you with no guesswork
- Provides plans for weight-training beginners, veterans, and those aiming for a celebrity-style body, as well as a 30-minute plan for people with busy work and/or parenting schedules
- Includes space to log the date, days since last workout, time and length of workout, and cycle, cardio exercises (time, distance/intensity, heart rate), and strength exercises (muscle group, weights and reps, types of sets)
- Features a helpful spiral binding that lies flat and stays open, plus a durable, glossy cover- just what a book needs to survive a sweaty gym

The ideal addition to your gym bag, *The Weight Training Diary* helps you achieve results by taking the guesswork out of your workout regimen and allowing you to focus on ways to identify and achieve your bodybuilding and fitness goals.

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